

200 Hour Yoga Alliance Sakula Yoga Teacher Training Dates and Time

Teacher Training Date and Time 2019-2020*	
November 2019	Sat Nov 9, Sun Nov 10, Sun Nov 24 at 12:30pm-7pm
December 2019	Sat Dec 14, Sun Dec 15, Sun Dec 22 at 12:30pm-7pm
January 2020	Sat Jan 11, Sun Jan 12, Sun Jan 26 at 12:30pm-7pm
February 2020	Sat Feb 8, Sun Feb 9, Sat Feb 22, Sun Feb 23 at 12:30pm-7pm
March 2020	Sat Mar 14, Sun Mar 15, Sun Mar 29 at 12:30pm-7pm
April 2020	Sat April 11, Sun Apr 12, Sat Apr 18, Sun Apr 19 at 12:30pm-7pm
May 2020	Sat May 9, Sun May 10 at 12:30pm-7pm

Observation and Assists with Sharon: 8 sessions with Sharon Hong and 1 prenatal class observation

Mentoring sessions 2x a month with Sharon Hong

Attend 10 practice yoga classes with Sharon Hong

***Dates and Times may be adjusted depending on class size, mentoring, weather conditions and Sakula regular class schedule.**

Sakula Yoga teacher training (YTT) is a 200-hour teacher training that meets Yoga Alliance's requirement.

This program is for anyone seeking to deepen their yoga practice in understanding the alignment of the poses for traditional and modifications in basic and moderate, contraindications, benefits, teaching methodology, philosophy, pranayama, meditation, history of yoga. This foundation training introduces trainees to the Chakra system, anatomy, physiology, hands-on-assist, basic sanskrit, your dosha based on body type (intro), and specialty classes that can aid in teaching to others or strengthen your understanding of yoga. There are guest teachers who are subject matters on: Restorative, Prenatal, Anatomy and Children yoga.

Prerequisites:

- Applicant must be 18 years or older
- Applicant must have a consistent yoga practice with a teacher in a classroom setting (min. 6 months)
- Applicant is ready to open your heart to a deeper understanding of the philosophy and yoga practice.
- Meet with the Lead Trainer to review curriculum and expectations.

Prerequisites cont'd:

- Complete and submit a Sakula Yoga YTT application, payment plan, and include deposit

- If non-Sakula student, provide two references: personal and yoga reference

YTT student will complete:

- Class participation of designated YTT dates. (Make-up dates if necessary with limitations)
- Reading assignments, 3 homework assignments and final project
- Complete midterm and final
- 10 Sakula yoga practice classes with Sharon Hong
- 9 Observation/assists for Sakula mentoring with Sharon Hong or Senior Sakula yoga teacher (include 1 required Sakula prenatal observation)
- Teach 60 minute master class to classmates and Sakula staff. This is your own unique Hatha style class.

Upon completion, you will receive

- Deeper yoga practice and knowledge of yoga in body-mind-spirit.
- Evaluation of practice teaching segments leading to 60-minute master class
- Tools to guide as an emerging yoga teacher
- 200 hour yoga certification

Required Books.

Please purchase prior to training (Amazon.com) or digital version

- Bringing Yoga to Life: the everyday practice of enlightened living – by Donna Farhi
- Anatomy of Movement by Blandine Calais-Germain
- Any version of the Bhagavad Gita or
The Living Gita – Translation by Sri Swami Satchidananda
- The Secrets of Meditation – by Davidji

Your tuition includes the training session, 10 practice classes with Sharon, 9 observation/assists for mentoring and YTT manual, other handouts.

If interested in YTT, please fill out the YTT application, \$150 deposit, YTT, and payment schedule form by November 1, 2019 to Sharon Hong at Sakula Yoga Studio address. This is to secure your spot. Paid in full tuition is \$3000.00.